

FEBRUARY 2024

PMRH PEER SUPPORT SCHEDULE



*Registration required. To join, please contact our Brandon office by emailing
adassist@moodmb.ca or call/text (204) 721-2174

*To register for Disordered Eating & Youth Self-Esteem, please email norman@moodmb.ca

MONDAY

Wellness Peer
Support Group
6:30-8:00 pm
Meets Online
Bi-Weekly on
February 5

****NO Meeting
on Feb. 19 due
to stat holiday***

TUESDAY

WEDNESDAY

Soul Sisters
10:00-11:30 am
Meets Online

Men's
Workshop
12:30-2:00 pm
440 Rosser Ave
Brandon, MB

*Age 12-17
Disordered
Eating
701 Rosser Ave
Brandon, MB
4:00-5:00 pm

*Age 18-24
Youth
Self-Esteem
5:00-6:00 pm
701 Rosser Ave
Brandon, MB

THURSDAY

Bipolar Peer
Support Group
6:30-8:00 pm
Meets Online
Bi-Weekly on
February
1 & 15 & 29

FRIDAY

SATURDAY

CONTACT

adassist@moodmb.ca
(204) 721-2174

*SPECIAL NOTES

***Disordered Eating & Youth Self-Esteem** meets both online & in-person at Huddle Brandon 701 Rosser Ave.

***To register, email**
norman@moodmb.ca

To register for our other groups, please email
adassist@moodmb.ca